

The working thesis is that by gaining insight you may release energy that will give you the freedom to make change. It is a proactive stance that takes your preset behaviours and moods, examines childhood influences on assumptions about life and explores ways to change. To emphasize the "activity", Hines uses behavioural words such as exploring, releasing, sensing, making and revisiting in his section titles.

There is power in the suggestion that "you do not need to continue the punishment — the sentence passed by a child many years ago was based on information that was incomplete, inaccurate and biased". We all carry the childhood legacy of our family of origin, and the lingering punishment, that guilt and anger, even if small and seemingly inconsequential, can haunt us. When it gets in the way of relationships and personal fulfilment, Hines suggests we make change.

Anecdotes from Hines's years of counselling experience enrich the theory and make the practice exercises seem worth while. However, this is not an academic book. There are no references to other works in the field of personal counselling and growth. The book's power is in the personal commitment of one man in the quest for some measure of happiness in the patients he treats. This is the kind of work that family physicians can do.

I have only one reservation. There is always a risk, when using a working routine for certain kinds of patient problems, that we see everything in that light. On occasion I became fearful that the message was that everything we become is a legacy of our childhood. I had to keep reminding myself that Hines's explanatory model is just one application of one theory.

Physicians must travel their own journey before they address the pain of their patients. This

book will help in that journey and in professional work. Recommend it to your patients. It will be a vehicle for both of you.

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More balance necessary

The Encyclopedia of Phobias, Fears, and Anxieties. Ronald M. Doctor and Ada P. Kahn. 487 pp. Illust. Facts on File, New York, 1989. \$55. ISBN 0-8160-1798-0

Have you ever wondered what aichurophobia is and been distracted by descriptions of ailurophobia (fear of cats) and aichmophobia (fear of pointed objects)? These subjects, as well akathisia and the fear of air pollution, are on one page of this encyclopedia.

The book has more than 2500 entries, and some of the research is extensive. This is both its strength and its weakness. Many of the entries are simply brief definitions, like those found in a dictionary or glossary, that do not provide the information one would expect in an encyclopedia. The inclusion of numerous archaic terms for individual phobias is justified by reason of historical interest; however, progress in the understanding of anxiety occurred after the old labels were abandoned and more meaningful classifications devised. Historians might have been interested in the roots of these words, but they are not provided.

There is a page on Shakespeare as a psychologist who grappled with the power of fear and anxiety in his writings. He grasped the cat phobia reaction in the *Merchant of Venice*: "Some men there are love not a gaping pig; some, that are mad if they behold a cat." The section on ailurophobia does not capture what I

think is the essence of the fear: the ability of cats to jump suddenly (especially from a height), their staring eyes and their proclivity to rubbing against a person's ankles. This aspect of fear is captured, however, in the section on birds with mention of the swooping motion, the sound and sight of flapping wings, and the beady eyes and claws.

The section on agoraphobia is a good summary of this syndrome's behavioural aspects; however, the biologic view is inadequately discussed. The section on social phobia is too brief (one-half page); it does not do justice to this common and distressing syndrome. The entry on simple phobias consists of one brief paragraph.

There are useful tips for the lay person on exposure therapy, the fear of flying, managing stress and caffeine. I expected more self-help information in the sections on relaxation training, sleep or insomnia and hyperventilation.

My most serious criticism is that the biologic aspects of anxiety are treated superficially in this book. It conveys a behavioural-psychologic-suspicion-of-categorization bias and also a lack of biologic information. For example, much of the section on the biologic basis of agoraphobia is devoted to debunking the association with mitral valve prolapse syndrome and hypoglycemia. The authors seem to subscribe to the minority opinion that imipramine is useful for the treatment of panic only when it exists with depression. Phenelzine is referred to as a "potent" antidepressant only, with no mention of its panic-blocking effects. The side effects of both these drugs are emphasized. On the other hand, fluoxetine is described as an "antidepressant drug" only, without mention of its favourable side-effect profile or of its use in obsessive-compulsive disorder.

This book contains a large

amount of useful information but also a lot of useless information. Sterile definitions of outdated terms and the mere mention of individual drugs could be printed in smaller type. This would allow room for a more balanced view of the major topics. The language is simple and easy to read for the lay person. Excellent cross-referencing helps the reader through the maze of terms. The addition of a biologically oriented author would enhance the book's value as an encyclopedia.

Mental health professionals and students not working in that field will find this book a handy reference. However, students in the field will require a more impartial view.

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Too concise for the novice

Clinical Haematology. D.L. Barnard, B.A. McVerry and D.R. Norfolk. 269 pp. Illust. Heinemann Medical Books, Oxford; Butterworths, Stoneham, Mass. 1989. \$49.95 (US). ISBN 0-433-00068-6

This soft-cover manual presents a quick overview of clinical hematology. As part of the British series "Mainstream Medicine" it is directed primarily at senior students and general physicians.

The authors, whose qualifications are in pathology and clinical hematology, are obviously experienced practitioners and teachers who write concisely and clearly. Although an easy-to-read, pertinent review for one trained in the field, this book may be too concise for the novice.

The book is divided into two major sections. The first looks at

diagnostic possibilities based on the individual results obtained in a full blood count and a review of the peripheral blood smear. This approach is extremely useful to any medical practitioner. The second section covers, in two to three pages each, virtually all the major areas of hematology. Understandably, the material is extremely condensed. Suggestions for further reading are given at the end of each topic's presentation. These suggestions are, for the most part, review articles that would supplement the points made in this manual. The emphasis is on diagnostic groups; therapy is covered only superficially. The tables in each area are an excellent quick review of often complicated material. Because it is a British book there are minor differences in concepts and spelling from those in North America.

I feel that this book is expensive for the information it contains. There are more complete reviews containing therapeutic as well as clinical information available on the North American market. However, the book is an enjoyable, easy read that encompasses all the major aspects of clinical hematology in a practical, succinct manner.

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Overlooked aspects presented

ABC of Child Abuse. Edited by Roy Meadow. 59 pp. Illust. *British Medical Journal*, London. 1989. \$25 (US). ISBN 0-7279-0258-X. Available from American College of Physicians, PO Box 7777-R-0270, Philadelphia, PA 19175.

This book, a collection of a series of 18 excellent articles that appeared in the *British Medical Journal* during

1989, was edited by Roy Meadow, professor of pediatrics and child health at St. James's University Hospital, Leeds. It is a well-written and concise but comprehensive review, running the entire gamut of medical, legal and sociologic issues in child abuse.

The chapters on child sexual abuse deal with practical and often little-known matters, such as how to examine the genitalia and anus, determining how patent a child's vagina is and recognizing signs of intercrural intercourse. The colour plates in these chapters and in those on nonaccidental injury and on burns and scalds are representative of the problems seen regularly in clinical practice.

The chapters about deliberate poisoning and suffocation of children bring these sometimes overlooked issues to the attention of physicians working in poison control centres and in the management of sudden infant death syndrome.

Good examples of a variety of x-ray films and schematic diagrams illustrating features of child abuse are found in the chapter on fractures. This section could have been expanded to include radionuclide bone scanning as a diagnostic adjunct to the skeletal radiographic survey.

The chapters "Protecting the child" and "About courts" refer to British child care law and therefore are of limited value to Canadian readers. However, related chapters on multidisciplinary case conferences, the preparation of medical reports and the giving of evidence are of practical value to all readers.

"Munchausen syndrome by proxy", a chapter that Meadow wrote, reflects his experience with this bizarre and only recently described syndrome. Usually perpetrated by mothers, this disorder manifests in four ways: perceived illness, doctor shopping, enforced invalidism and fabricated illness.